



ALTON OLD HOME DAY 5K ROAD RACE

Saturday, August 13, 2011

9:00am, Alton Bay Bandstand

Alton Bay, New Hampshire



Sponsored by Meredith Village Savings Bank and Alton Parks and Recreation

Check-In Begins at 7:30am

COURSE DETAILS: Computerized timing provided by Granite State Race Services, results posted online. USATF Certified Course through Town of Alton. Every mile marked. Spring water stops at start, finish and 1.5 miles. Scenic, slight varying course, flat/downhill with one moderate incline, paved. Traffic control provided. Medical Aid available at finish, emergency vehicles will be on standby and Ambulance personnel will be stationed along the route. Post race refreshments served at finish line. Great door prizes.

AGE DIVISIONS: 14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over; walking. For safety purposes: baby joggers, strollers, bikes, dogs, skates/boards are prohibited.

AWARDS: Overall Male/Female. Top Male/Female finisher in each category. First Alton Male and Female. Special raffle during the awards ceremony, open to all registered runners.

T-SHIRTS: Great, long-sleeve t-shirts to all runners who pre-register before August 1. Please specify size. A limited number of T-shirts will be available for post-registered runners on a first come, first served basis.

DIRECTIONS: Rte. 11 to Alton Bay, Bandstand located on lakeside parking lot.

REGISTRATION FORM *All information must be complete including age and gender*

Last Name		First Name	MI	()	Home Phone	E-Mail
Mailing Address		City/Town	State	Zip Code	AGE on 8/13/11	SEX

Pre-register before 8/1/11: T-Shirt Size: YM YL S M L XL **WALKERS CHECK HERE** ☺ ☐

Pre-registration fee- \$15, Race-Day-\$20. Checks payable to: Town of Alton, Parks and Recreation Department, P.O. Box 659, Alton, NH 03809, (603) 875-0109, parksrec@alton.nh.gov; www.altonparksandrecreation.com.

WAIVER AND RELEASE OF LIABILITY ** MUST BE READ AND SIGNED

Participation in the 5K Road Race may involve risk of injury including but not limited to sprains, torn muscles, cramps and heat exhaustion. As a participant by signing this form I attest and verify that I have full knowledge of the risks involved and that I am physically fit to participate in the 5K Road Race. I hereby for myself, my heirs, executors and administrators waive and release all rights and claims against the Town of Alton, for any and all liability in case of death or injury during participation in this race.

SIGNATURE

(IF UNDER 18 MUST BE SIGNED BY PARENT)

DA

